The Kohl’s Injury Prevention Program and Concussion Care for Kids at The Children's Hospital of Philadelphia will be hosting three free concussion education sessions at Care Network locations throughout our community.

“Sports-related Concussions in Children and Teens” will be held form 7-9 p.m.:

•             Oct. 15 in King of Prussia

•             Oct. 21 in Exton

•             Oct. 27 in Bucks County (Chalfont)

Principles, athletic directors, teachers, nurse, parents, coaches and community members are invited. The sessions will focus on identifying and managing concussions in children and teens, as well as strategies for preventing a variety of sports injuries.

Experts from CHOP’s Sports Medicine and Performance Center will talk about a wide range of topics, including:

•             How to identify signs and severity of concussions

•             How to prevent concussions/head injuries

•             How to determine when students are ready to return to school following concussion injuries

•             How to evaluate if athletes are ready to participate/return to play

•             Hydration tips for youth athletes

•             Game day nutrition and warning signs for nutrition problems in athletes

•             Strategies for preventing sports injuries (including ACL injuries)

Space is limited, so be sure to sign up soon for the event most convenient to you! Learn more and register:

•             Oct. 15 in King of Prussia <http://www.chop.edu/events/sports-related-concussions-children-and-teens-king-prussia-education-session>

•             Oct. 21 in Exton <http://www.chop.edu/events/sports-related-concussions-children-and-teens-exton-education-session>

•             Oct. 27 in Bucks County (Chalfont) <http://www.chop.edu/events/sports-related-concussions-children-and-teens-bucks-county-education-session>

A special thanks to the American Trauma Society, Pennsylvania Division, for partnering with us to sponsor these events.

Thank you,

Stephanie

**Stephanie Geslao**

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